

BODYFLOW

93

MUSIC

EXPRESS FORMATS

01. YOGA WARM-UP

02. SUN SALUTATIONS

03. STANDING STRENGTH

04. BALANCE

05. HIP OPENERS

06. CORE – ABDOMINALS

07. CORE – BACK

08. TWISTS

09A. FORWARD BENDS – HAMSTRINGS

09B. FORWARD BENDS – HAMSTRINGS

10. RELAXATION/MEDITATION

BONUS

01. TAI CHI WARM-UP

RELEASE FOCUS

DECLARATION OF INTENT

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TEACHING THE ESSENCE OF BODYFLOW

6 Keys to unlocking the Mind-Body Experience:

Stay in a Balance Frame of Mind

This means coming to class with a positive, respectful attitude. Acknowledge that your participants are on individual journeys and your class will gain a more authentic mind-body feel.

Don't Pose

That super calm, faux-spiritual voice comes across as inauthentic and ill-fitting. Your class is an adult space so respect your participants enough to teach in your own voice, just keep it calm.

Keep Cues Simple

Although Yoga poses are often technically complex, your class will not hear you if you 'talk their ears off' with too much cueing. Use the three-part process to keep it simple and effective:

- Set up clearly using 2 to 4 Layer 1 Set up cues. These cues should put people into the shape of the pose, explaining simple alignment and breathing. Think of "which body part are we moving in which direction". This helps people feel confident and comfortable.
- Teach any necessary Layer 2 options then pause to look around at your members.
- Layer 3 cues are often a response to what we see. Refer to the Technique Manual and choreography notes for a wide variety of these. You might need to add another breath cue, coach deeper into the feel of the pose, motivate, connect, explain a benefit of the pose, or just be SILENT.

This is SBS

S Set it up, **B** Breathe it up, **S** Silence it up!

Our silence allows us to stay more

IN THE MOMENT.

Don't Waste Words

People will naturally follow our movement; so choose follow-up cues that describe the feel or detail of the poses that they cannot see eg "*Arms light and long*" gives length to a move, rather than "*Take your arms out to the side*", which they can see. "*Big toes and heels together*" gives technical detail rather than "*Feet together*".

Question Yourself

Ask yourself, "What do I want my class members to experience in each pose of this track?"

Using your own class-focused objectives will give you a powerful sense of purpose and allow your love of Bodyflow to shine through! This will make your members feel more included in the experience and, by planning objectives before each class and teaching the full variety and flexibility of them, you will keep it fresh and interesting.

And if you want to further develop your expertise, revise and relearn your Program Manual and your filming footage. Try a Yoga, Tai Chi or Pilates class taught by an expert (remember, we do modify some exercises to safely fit into a Group-Fitness setting). There are also some excellent texts, videos and music available, such as:

Books:

Moving Towards Balance, Rodney Yee with Nina Zolotow (Rodale)

Journey Into Power, Baron Baptiste (Simon and Schuster)

Dynamic Yoga, Kia Meaux (Dorling Kindersley Ltd)

Awakening the Spine, Vanda Scaravelli (Harper Collins)

Videos/DVDs:

Power Tai Chi, Master Jerry Alan Johnson (Goldhill Videos)

Yoga Journals, Yoga Step by Step, Natasha Rizopoulos (Natural Instincts)

Tai Chi for Health, Terence Dunn (Healing Arts)



MUSIC

- 01

Forever (3:26)

Infinity Stone

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Written by: McKenzie
- 02

Borderlines (4:16)

Vraell

© 2020 Vraell.

Written by: Scozzaro
- 03

Friends (3:58)

Big Gigantic feat. Ashe

© 2020 Big Gigantic x Counter Records.

Written by: Willison, Lalli
- 04

Electrical Storm (4:23)

U2

© Courtesy of the Universal Music Group.

Written by: Clayton, Mullen, Evans, Hewson
- 05

You And I (SAINT WKND Remix) (7:49)

Face To Face

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Written by: Erfjord, Michelsen, Lindgren, Stilling
- 06

Why Do We Shake In The Cold? (5:09)

Elderbrook

© 2020 Parlophone Records Limited.

Written by: Higginbottom, Kotz
- 07

Higher (5:02)

Cloudstation

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Written by: Bailey, Deskin, Lim
- 08

I Wish I Cared (4:21)

a-ha

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Written by: Furuholmen, Waaktaar, Harket
- 09A

Jealous (4:46)

Labrinth

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Written by: Hemby, Kear, McKenzie
- 09B

Circle Of Quiet (Ambient / Orchestral Mix) (4:00)

Stanton Lanier

© 2021 Music to Light the World.

Written by: Lanier
- 10

Be The Light (8:06)

Gabrielle Peake

© 2021 Big Pop Records.

Written by: Peake

BONUS

- 01

Heat Waves (4:03)

Glass Animals

© Courtesy of the Universal Music Group.

Written by: Bayley



EXPRESS FORMATS

30-MINUTE STRENGTH		30-MINUTE FLEXIBILITY	
Track 02	Sun Salutations	Track 01	Yoga Warm-up
Track 03	Standing Strength	Track 02	Sun Salutations
Track 04	Balance	Track 05	Hip Openers
Track 06	Core – Abdominals	Track 08	Twists
Track 07	Core – Back	Track 09	Forward Bends – Hamstrings
Total Time	22:07	Total Time	29:15
Track 10	Relaxation/ Meditation	Track 10	Relaxation/ Meditation
45-MINUTE STRENGTH		45-MINUTE FLEXIBILITY	
Track 01	Yoga Warm-up	Track 01	Yoga Warm-up
Track 02	Sun Salutations	Track 02	Sun Salutations
Track 03	Standing Strength	Track 03	Standing Strength
Track 04	Balance	Track 04	Balance
Track 06	Core – Abdominals	Track 05	Hip Openers
Track 07	Core – Back	Track 08	Twists
Track 08	Twists	Track 09	Forward Bends – Hamstrings
Track 09	Forward Bends – Hamstrings	Total Time	42:45
Total Time	39:58	Track 10	Relaxation/ Meditation
Track 10	Relaxation/ Meditation		

PLEASE NOTE: The above times have been calculated excluding the Relaxation/Meditation track timings. Please teach the Relaxation/ Meditation track at the end of your workout and adjust it to fit your class.

RELEASE FEEDBACK

Tell us what you think of this release.
Visit lesmills.com/release-feedback

KEY

Alt	Alternate	B	Back
BPD	Body part and direction	B up	Build up
Br	Bridge	C	Chorus
cts	Musical counts	F	Forward
Instr	Instrumental	Intro	Introduction
L&R	Left and right	mins	Minutes
O/H	Over head	OTS	On The Spot
Outro	Last few bars of music	PC	Pre-chorus
Rep X	Perform the Sequence/Exercise x times	Rep	Reprise (part of the chorus repeated)
Ref	Reference	QC	Quiet chorus
Pose	Positions as explained in the Program Manual	Seq	Sequence (repetition of exercise or position)
Tempo	Normal pace of the music	Italic	Breathing Coaching Cues
Bold	Must-Do Cues	⇓	Easier Option
V	Verse	⇑	Advanced Option



RELEASE FOCUS GLUTE ACTIVATION

LET'S TALK GLUTES... Imagine coming to a workout and hearing a concept that pulls you deeper into the workout, until you leave feeling more knowledgeable than when you first arrived.

We talk a lot about the glutes, but do we really know how to activate them?
They are responsible for driving power, stability, control and hip extension.

A well-functioning glute max is a key contributor to the prevention of injury. Lower back and pelvic pain is very common during training, so it's important that when people move they are engaging the glute muscles.

FUNCTION

On a day-to-day basis, we use the glute max in movements that can be split into two directions:

VERTICAL AND HORIZONTAL

Common vertical activities include things like **climbing, lifting or digging.**

Common horizontal activities are when we are moving across the ground including **walking, running, pushing something forwards or throwing.**

We know that many of our participants don't activate their glutes properly, so getting them to experience this for themselves is the easiest way for them to feel where the glutes are and how to activate them. This can come from you coaching the base of the Squat: "Feel the glute squeeze drive you up."

Once they know how to activate their glutes, you can deepen their knowledge with cues around functionality and athleticism.

Functional aspect: "The glutes drive the mechanics of the hip extension – this strengthens functional movements like getting up from a chair or picking something up from the ground."

Performance 'Athlete': "Snap the hips to extend – we're driving from a low to high position and it's the glutes which are dominating that horizontal drive to increase our athletic performance."

Let's put those GLUTES to work!



BODYFLOW 93



Back row from L – R: Louise Neville, Matthew Miklashevskiy, Milly Farrell, Sue Far-Ashton, Lauren Oorschot, Julea Cecil, August Thomas, Katie Atkinson, Serena Patel

Front row from L – R: Kylie Gates, Fraser Beck, Diana Archer Mills, Joash Fahitua

This is one of our favorite releases of all time - largely because of the music. We both adore every track (particularly the 4!)

We love the flow of the movements and the state this release left our bodies – the openness and extension was a feature for us in particular. But we want to know what you think!

Lots of love, stay safe and grounded and warm.

Love Diana and Jackie

PRESENTERS

Diana Archer Mills (New Zealand) is co-Program Director for Bodyflow/BODYFLOW™. Creative Director for BODYJAM™, BODYPUMP™ and RPM™, and choreographer for LES MILLS BARRE™, LES MILLS CORE™ and LES MILLS TONE™. She is based in Auckland.

Kylie Gates (Australia) Creative Director for Bodyflow/BODYFLOW, BODYATTACK™, LES MILLS CORE, LES MILLS BARRE and SH’BAM™ and is the Head Program Coach for BODYPUMP. She is based in Auckland.

Joash Fahitua (New Zealand) is a LES MILLS GRIT™, LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor. He is a dancer and choreographer and lives in Auckland.

Fraser Beck (New Zealand) is a Bodyflow/BODYFLOW, LES MILLS CORE and a LES MILLS GRIT Instructor. He lives in Queenstown.

- Thanks to**
- August Thomas
 - Julea Cecil
 - Katie Atkinson
 - Lauren Oorschot
 - Louise Neville
 - Matthew Miklashevskiy
 - Milly Farrell
 - Serena Patel
 - Sue Far-Ashton

CREDITS

- Program Directors** – Dr. Jackie Mills and Diana Archer Mills
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Technical Consultant** – Bryce Hastings
- Program Coach** – Kylie Gates
- Production Coordinator** – Laura Jackson



01. YOGA WARM-UP



TRACK FOCUS

Connect to the mid-line through breath for whole-body activation.

MUSIC		SEQUENCE/EXERCISE		CTS
0:05	Intro /	4x8	Inhale/Exhale – Childs Pose , facing R	32
0:30	Aahh	4x8	A 2x Cow, Cat Sequence	
			Inhale – Cow Pose	8
			⬆ Extended Cow Pose – hips drop further F	
			Exhale – Cat Pose	8
0:52	Instr (Beat)	8x8	A ¹ 4x Cow, Down Dog Sequence	
			Inhale – Cow Pose	8
			⬆ Crouch Pose, knees off floor	
			Exhale – Down Dog	8
1:41	Instr (Quiet)	4x8	B Inhale/Exhale – Kneeling Lunge Twist L, L leg F, L hand on thigh	16
			Repeat Kneeling Lunge Twist R	16
2:05	(Beat)	2x8	C Inhale/Exhale - Forward Fold	
			Step feet together	16
			⬇ Pregnancy Option: Feet hip-distance apart	
2:17	Aahh / _	9x8	C ¹ 4½x Forward Fold, Extended Mountain Sequence	
			Inhale – Palms together, arms F, knees bend to Chair Pose	4
			Exhale – Extended Mountain , arms O/H, extend legs	
			Inhale – Elbows bend, hands to back of head	4
			⬆ Baby Back Bend	
			Exhale – Forward Fold , hands behind head as chest comes F, then extend arms	4
			Note: Last round finish in Extended Mountain Pose	
3:12	_ Outro (Quiet)	2x8	D Inhale/Exhale – Side Bend R	8
			Repeat Side Bend L	8
			Finish in Extended Mountain Pose	



01. FOREVER 3:26 mins

TECHNIQUE AND COACHING

CAT / COW, DOWN DOG SEQUENCE

Layer 1

- Start in Childs Pose
- Knees wide, hips back
- Connect in with your breath
- Moving forward to Cow, open the chest
- Come back to Cat Stretch
- Come again, allow hips to drop a little more now
- Scoop the belly as you pull back
- This time, push back into Down Dog
- Come forward and hover the knees off the floor
- Brace core here
- Hips high on the Down Dog

Layer 3

- Feel the engagement in the body as the hips drop
- Squeeze into the mid-line and open the heart
- Press the hands strongly into the floor
- Can you feel it from your hands to your feet?

KNEELING LUNGE TWIST

Layer 1

- Take a gentle Lunge Twist
- Hand on thigh
- Lift chest, breathe and rotate

FORWARD FOLD, EXTENDED MOUNTAIN SEQUENCE

Layer 1

- Step together into Fold
- Chest on thighs, belly lifts
- Press palms together
- Reach and bend knees to chair
- Come up, Extended Mountain Pose and Baby Back Bend
- Keep the hands coming towards your back
- Squeeze butt as you bend

Layer 3

- Squeeze into your powerful mid-line energy
- Everything is activating
- Sit low into the chair to build heat and warmth in the body

SIDE BEND

Layer 1

- Take a quiet Side Bend
- C-shape your spine

ESSENCE TIPS

We are facing the side for this track; simple, clear coaching of body-part and direction is paramount to getting your class moving and warming quickly. Remember, it is OK to strip your script way back as we begin and let people really explore the music and acknowledge how their bodies feel today. There is so much time and space to bring more depth to your coaching as we move through this release. We also have new variations to the Cat/Cow and Chair sequence to warm from the core, connecting to the mid-line and back body. Enjoy this powerful music.



02. SUN SALUTATIONS



TRACK FOCUS

Breath and movement creating seamless flow.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro /	4x8	A Chest Stretch , hands clasped behind back, feet together or hip-width apart	32
0:17	V1 / <i>Falling on back</i>	4x8	B Inhale/Exhale – Forward Fold	32
0:35	PC / <i>bones like wires</i>	4x8	C Inhale/Exhale – Down Dog, step feet B	32
0:53	Instr / (Ooo)	8x8	D Sun Salutations Sequence R Inhale / Exhale – Lunge R (back leg F), R hand to thigh Inhale / Exhale – Warrior 2 , L arm sweep O/H to side Inhale – Lunge R , L arm sweeps down to front Exhale – Down Dog Inhale – Plank ⬇ On knees Exhale – Crocodile Pose ⬇ On knees Inhale – Baby Cobra Pose ⬆ Up Dog ⬇ Pregnancy Option: Cat Pose Exhale – Down Dog	8 8 8 8 8 8 8 8 8 8
1:27	<i>bones like wires</i>	8x8	D Repeat on L	64
2:02	Instr / (Ooo)	16x8	D Repeat Sun Salutations Sequence R&L	128
3:12	Instr / (Ooo)	16x8	D Repeat Sun Salutations Sequence R&L	128
		1x8	Finish in Down Dog	
		1x8	Walk feet into Forward Fold	



02. BORDERLINES 4:16 mins

TECHNIQUE AND COACHING

CHEST STRETCH

Layer 1

- Bend knees and roll yourself up to standing
- Chest Stretch, hands clasped behind

Layer 3

- Breathe in and open through the chest
- Press the knuckles down
- Breathe into your heart space

FORWARD FOLD

Layer 1

- **Bend the knees** and fold all the way down
- **Lift the belly**
- Hands on either side of your feet
- Chin tucks in to relax your neck

DOWN DOG

Layer 1

- Set the middle fingers forward for shoulder alignment
- Spiral elbows inward to strengthen your arms
- Lift sit bones as high as you can
- Ground down through the heels

Layer 3

- Let's learn our flow

LUNGE / WARRIOR 2

Layer 1

- Inhale, leg steps forward to Lunge
- Exhale, anchor your back heel
- Hand on thigh
- Inhale, open up to Warrior 2
- Reach the arm back
- Exhale as the arm comes through, lift the back heel
- Inhale to find the Lunge

Layer 3

- Feel how the arm rolls out allowing the hip to roll down
- Find the energy in the in-breath
- Use the beautiful breath

DOWN DOG

Layer 1

- Press back to Down Dog

Layer 3

- Use the breath to close the body back
- Seamless and flowing now
- Press yourself back
- Walk your feet to your hands and hold in Fold

PLANK

Layer 1

- Inhale, Plank, tuck the chin in and roll forward

Layer 3

- Feel the roll, feel your strength

CROCODILE

Layer 1

- Exhale, Crocodile
- Bend your elbows, lower halfway
- On knees or toes
- Core engaged

Layer 3

- Pull the shoulders back and down as much as you can
- Your breath is your power; use it to power your body

BABY COBRA POSE / UP DOG

Layer 1

- Inhale, Baby Cobra Pose or Up Dog
- Pregnancy option: Cat Pose
- **Squeeze your butt**

Layer 3

- Squeeze your shoulder blades together
- We are all connected together at this point in time



02. BORDERLINES 4:16 mins

TECHNIQUE AND COACHING

ESSENCE TIPS

When the flow starts, focus on the must do's so everyone can follow easily, especially for the first 2 rounds. Because we are moving with lots of direction, allow participants to get this in their bodies. Clear Layer 1 cues (Name of Pose, Alignment; Body Part and Direction (BPD), helps everyone achieve the sequence.

On the third and fourth rounds we coach to the breathing pattern. Then, by the last two rounds, everyone is flowing and moving seamlessly.

In the first round, give the option for pregnant participants to move into Cat/Cow Pose. This will cover any women who arrive late, or who aren't comfortable asking for options at the beginning of the workout. If you notice anyone taking the options, you can then cater to them throughout the class.

The music is inspirational and the best way to bring this into focus is to say less and allow the music to speak!



03. STANDING STRENGTH



TRACK FOCUS

Build power and strength in lower body, length and opening in upper.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	A	Intense Pose , facing R side	16
0:10	V1 / Had to keep	4x8	B	Standing Strength Sequence R Inhale/Exhale – Warrior 1 R , facing R side	32
0:30	PC / find out	4x8	C	Inhale/Exhale – Warrior 2 R , arms wide ⬆️ Heel Lift	32
0:50	C / be friends	4x8	C ¹	Inhale/Exhale - Extended Warrior 2 R ⬇️ R elbow to thigh ⬆️ R hand to floor	32
1:10	C / _ be friends	4x8	C ²	Inhale/Exhale – Lift R arm O/H, palms facing	32
1:31	Br / (Instr)	6x8	B	Inhale/Exhale — Warrior 1 L	48
2:01	PC / _ find out	12x8	C·C ²	Repeat Standing Strength Sequence L Note: Warrior 1 L = 48cts	96
3:02	C / _ be friends	4x8	D	Inhale/Exhale Wide Squat with Side Bend R , L arm O/H. L elbow to thigh ⬆️ Heel Lift R	32
3:22	C / _ be friends	4x8	D	Repeat Wide Squat with Side Bend L	32
3:42	Outro /	2x8	D ¹	Inhale/Exhale Wide Squat , arms O/H	16



03. FRIENDS 3:58 mins

TECHNIQUE AND COACHING

INTENSE POSE

Layer 1

- Inhale, sit the hips deep
- Lift to Intense Pose
- Draw the lower belly in

Layer 3

- Weight in the heels

WARRIOR 1

Layer 1

- Deep breath
- Front leg steps back to Warrior 1
- Square hips to the side wall

Layer 3

- Press down through the back foot
- Feel the power to the fingertips
- How can we add power to our posture?
- Feel the arches of the feet connecting like the roots of a tree
- Lift up through the inner thighs
- Stabilize the core and extend arms higher

WARRIOR 2

Layer 1

- Arms to shoulder height
- Warrior 2
- Turn your body to face the front

Layer 3

- Maybe you have the option?

EXTENDED WARRIOR 2

Layer 1

- Extend your Warrior and revolve
- Elbow on thigh or reach down
- Bottom arm reaches up and out

Layer 3

- Use the leverage to open the heart space
- Build strength and vitality
- Feel the heat being built in your legs
- Length is strength

WIDE SQUAT W. SIDE BEND

Layer 1

- Stay low; move slowly to Wide Squat
- Inhale and arm circle
- C-shape your spine
- Option to lift heel

Layer 3

- With each breath the heart space opens
- Open the top arm
- Can we come lower?

ESSENCE TIPS

Such a cool sound and lyric “*friends*” so the question is: “How can you encourage your class participants to explore what is possible in their bodies today through the feel and emotion of the song?”

Keeping the Layer 1 cues simple allows space to pause and look out at your class and then follow up with Layer 3 cues to deepen the pose/experience for the participants. When we give this follow up coaching our participants are more likely to hear and retain the information (because we have paused and given space in between cues), which then helps to develop their practice. And of course everyone learns differently; some participants learn through technical instructions and some learn through feeling/emotive instruction.

Try to teach from a mix of both so you are helping them to bring awareness to their bodies and their experience; trust they will find their way...



04. BALANCE



TRACK FOCUS

Coach to slow transitions and breath.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	1x8	Set up Extended Warrior 2 R		48
0:05	V1 / <i>The sea it</i>	12x8	A	Flower Sequence R Inhale/Exhale – Extended Warrior 2, eyes to L hand Inhale/Exhale – Flower Pose , R hand to R thigh Inhale/Exhale – R hand F	40 24 32
1:05	Br / <i>(Instr)</i>	1x8	180° Turn or turn to L		8
1:10	V2 / <i>_ Car alarm</i>	11x8	A	Repeat Flower Sequence L Note: Flower Pose on next 16cts	80
2:00	Br / <i>Electrical</i>	14x8	B	Lunge Balance Sequence L, facing L Inhale/Exhale – Lunge L, arms O/H, palms facing ⬆️ Baby Back Bend Inhale/Exhale – Warrior 3 , arms alongside body Inhale/Exhale – Angel Pose , arms O/H to wide to B	32 48 32
3:10	Br / <i>Electrical</i>	14x8	B	Repeat Lunge Balance Sequence R, facing L	112



04. ELECTRICAL STORM 4:23 mins

TECHNIQUE AND COACHING

FLOWER SEQUENCE

Layer 1

- Warrior 2 and extend your Warrior
- Aim is to cultivate stillness and clarity of mind
- Inhale, lift your eye gaze to one point
- Bring your eye gaze down to the earth
- Hand to knee
- Slow transition to Flower Pose
- Shift the weight and lift back leg
- Bend the knee, kick foot into hand
- Open the hip to the front of the room
- Bottom arm lifts to side room as you breathe in

Layer 3

- **Find your Flower Pose**
- Eye gaze on one point
- Grow out of your posture as you breathe out
- Open the hip as you breathe longer and wider into your body

LUNGE BALANCE SEQUENCE

Layer 1

- Step long into Lunge
- Arms high, breathe in
- **Squeeze butt** to open the front of hip
- Low and slow
- Bring the weight forward for Warrior 3
- Draw the belly in to stabilize your body
- Steady eye gaze
- Step feet together
- Extended Mountain Pose
- Angel Pose
- Open arms out and down
- Lift heels

Layer 3

- Exhale, sink deeper
- Squeeze inner thighs to stabilize your balance
- Think slow and long as you transition
- Open the heart space as you express the posture
- Energy and electricity into your posture
- Kick the back foot even higher
- Mid back connecting, arms extending
- Lifting heels high and HIGHER

ESSENCE TIPS

It's a big song so only say what you need to say keep the cues simple and clear, that way, you can teach alongside it, without obstructing the incredible journey it takes us on.

The two coaching focuses are: moving slowly in and out of the transitions and using the power of the breath. To create strong, grounded balancing poses, we must use and coach the breath. The objective is for participants to not only feel the breath in the poses but also how it can allow us to go a little further, or stay a bit longer. The breath can also move you from one pose to another. Allow participants to stay connected to the breath as they move, by integrating the B (breath) cues along with alignment cues. The breath is the gateway to our '*Concentration*', our C from our ABCs of Body Balance, for internalization.

Lastly, look out at your class and see their efforts. Regardless of what options your participants choose, whether they can hold their pose, or touch down regularly, celebrate their achievements. They are here, giving it a go, and it's all about practice.



05. HIP OPENERS



TRACK FOCUS

Open hips through inclusive language & mindset.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	5x8	A	Inhale/Exhale – Forward Fold , facing front	40
0:20	V / Seeing the sun	16x8	B	Swan Sequence R, facing R Inhale/Exhale – Swan Pose R, R leg F ⬇ 90/90 Pose Inhale/Exhale – Extended Swan Pose , arms F on floor Inhale/Exhale – Diagonal Extended Swan Pose , walk hands to diagonal B, chest over R thigh	32 32 64
1:24	Br / Instr	½x8		Rise and change to L	4
1:26	V / Standing beneath	16x8	B	Repeat Swan Sequence L, facing R	128
2:30	Br / I know you're _	25½x8	C	Inhale/Exhale – Frog Pose , facing front Option: PNF stretching or moving F&B	204
4:12	V / Seeing the sun	16x8	D	Modified Half Lotus Sequence L, facing F Inhale/Exhale – Modified Half Lotus L, L foot on R thigh, calf or floor Inhale/Exhale – Extended Modified Half Lotus L, hands F on floor Inhale/Exhale – Diagonal Modified Half Lotus L, hands walk to L diagonal, chest over thigh	32 32 64
		16x8	D	Repeat Modified Half Lotus Sequence R	128
6:22	Br / I know you're	4½x8	E	Set up Happy Baby Pose lying supine	32
6:40	C / You and I	16x8		Inhale/Exhale, Happy Baby Pose Option: PNF stretching ⬆ Wide-Legged Adductor Stretch	128



05. YOU AND I (SAINT WKND REMIX) 7:49 mins

TECHNIQUE AND COACHING

SWAN SEQUENCE

Layer 1

- Come to Forward Fold
- Bend knees and lift belly
- Swan Pose
- Heel into groin or 90/90
- Roll the top hip towards the heel
- On your elbows, or walk forward
- Take a breath and let it open you up
- Walk your hands to the back corner of the room, over your thigh

Layer 3

- Enjoy the space in between your breath
- May feel good to close your eyes and bring the internal focus back
- Breathe and enjoy
- Hips hold so much emotion
- Shifting our mindset from anxiety to observance and eventually acceptance

FROG POSE

Layer 1

- Let's come to Frog Pose
- Take your knees wide
- Ankles in line with knees
- Down on your elbows
- Draw the belly into the spine

Layer 3

- Let's play here; you might want to do some PNF – drawing the knees up and in
- Taking a breath in and let go a little more on the out-breath
- Rock back and forward maybe
- The tension we feel now will only be moved when we shift our mindset
- Relax where you can, jaw and shoulders
- Inhale, at the peak of the breath enjoy the moment of sublime fullness before you let it go
- On the exhale, can you appreciate the calm empty space?

MODIFIED HALF LOTUS

Layer 1

- Draw your heels together
- Modified Half Lotus
- Cross leg, shin or knee
- Belly to spine, tip forward from your hips and come forward
- Take a walk, chest over thigh

Layer 3

- Allow the breath to come into your back body opening that space
- Transition slowly; no time to rush
- Keep breathing the nourishing breath into your hips
- Acknowledge and notice

HAPPY BABY POSE

Layer 1

- Come side-on, roll onto your back
- Take soles of the feet
- Tail bone to the floor

Layer 3

- Play with it; you can do some PNF as you push your feet to hands
- You might straighten one leg
- Rock and roll – move in your body



05. YOU AND I (SAINT WKND REMIX) 7:49 mins

TECHNIQUE AND COACHING

ESSENCE TIPS

Adding PNF (Proprioceptive Neuromuscular Facilitation) brings a different energy to the poses as your class stay active. PNF involves stretching a muscle, and then creating an isometric contraction of that same muscle. Once the contraction is released, a greater range of motion is achieved, and then we can repeat it if it feels good. Ujjayi Yoga breathing is a great partner for this type of stretching. We can deepen the release in the PNF stretch when we add the breath at the same time. PNF fatigues the muscles faster than held poses; so, in either option, encourage participants to transition from one pose to the other gently. This takes care of and respects the body and the hips.

In these poses acknowledge we are all built differently – our body structure is unique; so let's help move our participants to this accepting place by offering these variations and encouraging exploration. It's all about the attitude we bring to teach this Hip track.

Give participants power over their experience and help them to tune into their bodies through coaching how to achieve and why they would want to achieve.

When we give the options then participants have autonomy over their workout; this is empowering for their experience of BODYFLOW.



06. CORE – ABDOMINALS



TRACK FOCUS

Stability of pelvis in all moves and coaching of breath for control.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro /	4x8	A Lie supine, knees bent, facing L	
0:16	V / Can't help	8x8	A 8x Cross Crawl F&B (slow) Inhale – to Front, 4cts Exhale – to Back, 4cts ↴Knees bent, tap toes ↴Pregnancy Option: On elbows, Toe Taps	8
0:48	V / If only	8x8	A ¹ 16x Cross Crawl F&B (fast) – front, 2cts; B, 2cts	4
1:20	PC / (Instr)	8x8	B 8x C-Crunch Sequence Inhale – C-Crunch , knees bent at 90°, hands reach towards feet Exhale – legs extend to 45° , arms O/H ↴Pregnancy Option: Knees wide, big toes together, legs extend to 45°	4 4
1:52	C / Instr (Beat)	8x8	C Pilates 100s , knees at 90° Inhale – 4cts, exhale – 4cts ↴Pregnancy Option: Knees bent, feet on floor, L hand reaches to outside of L leg, repeat to R	64
2:25	Instr / (Quiet)	12x8	D 6x Quick Leg Drop R&L Inhale – lift legs to 90° Exhale – bend L knee, drop R leg straight to 45° Repeat on L ↴Pregnancy Option: Legs to 45°, R knee bends to 90°, L knee bends and toes tap floor, repeat to L	4 4 8
3:12	Instr / eh na	4x8	D ¹ 2x Quick Leg Drop with C-Crunch R&L Inhale – C-Crunch , hands and feet lift to 90° Exhale – Quick Leg Drop , arms wide on floor	16 16
3:28	C / Instr (Beat)	8x8	C Repeat Pilates 100s ↱ Legs to 45°	64
4:00	V / So, teach me	4x8	E Set up Hover , on knees or toes, facing R Inhale/Exhale – Hover	16 16
4:16	V / Ooh I feel it	8x8	E ¹ 8x Hover with Weight Shift Inhale – Rock F Exhale – Rock B	4 4
4:48	Outro / (Chime)	4½x8	F Inhale/Exhale – Childs Pose	36



06. WHY DO WE SHAKE IN THE COLD? 5:09 mins

TECHNIQUE AND COACHING

CROSS CRAWL

Layer 1

- Pregnancy option: working from your elbows
- Slow Cross Crawl to the front and back
- Legs bent or straight
- Opposite shoulder to the knee
- Keep the elbows to sides
- Turn from the center of the chest
- Breathing in through your nose and out through the mouth

Layer 3

- Quickly fire up the core, warming the lower abdominals, activating the obliques and stabilizing the hips
- Keep working across the body

C-CRUNCH SEQUENCE

Layer 1

- New move
- C-Crunch in and extend out to 45 degrees
- Hands to feet as you reach in
- Ribs to hips on the Crunch
- **Brace the core to keep the lower back down towards the floor**
- Chin tucks in

Layer 3

- Use your breath as you move
- Feeling energy through the body

PILATES 100S

Layer 1

- Ready for 100s
- Knees over hips, lift upper body, pulse the arms
- Keep arms straight and breathe
- Ribs to hips as you crunch

Layer 3

- Every time you exhale feel the strength in your arms
- Keep the chin tucked in to protect your neck

LEG DROP

Layer 1

- Extend legs up and Single Leg Drop
- **Keep the ab brace on and lower back down**
- Bend legs anytime
- Reach and add a Crunch as the legs lift off the floor

Layer 3

- Think about your core as a rubber band: it coils in and stretches at the bottom
- Use your breath as you move
- Challenge yourself and extend the legs to the 45 degrees; we've been here before – it burns

HOVER

Layer 1

- Roll over to Hover
- On knees or toes
- Clasp hands together, elbows under shoulders
- **Brace abs, back long and straight**
- Let's try a rock forward and back

Layer 3

- Draw belly in to support lower back; squeeze glutes for stability

ESSENCE TIPS

Begin this track by offering pregnancy options. Look out and acknowledge if anyone takes them. Let them know you see them, either verbally or just with a smile.

Always be sure to check in with your 3 B's (Back, Belly and Breath). The lower abdominal muscles have to react to stabilize the hips and pelvis as we focus on lifting and twisting in the Cross Crawls. Coach to a powerful breath (in through the nose and out through the mouth). We focus on lifting and extending in the C-Crunch Sequence which finishes with the powerful 100s. This move is going to create awesome strength work. Quick movements and transitions need even more strength and control, so providing education around benefits will help your participants have control of their workout.

When you show your enjoyment, you encourage your participants to do the same. You give permission for others to connect with and be moved by the energy and music. Positivity and a smile make even the most challenging tracks a little easier!



07. CORE – BACK



TRACK FOCUS

Activate opening and strength in the back body.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	A	Hover, hands clasped, facing R	16
0:11	V / Scary stories	4x8	A ¹	Hover, Dolphin Sequence L 8x Hover with Alt Knee Drop L&R ⇩ Alt Knee Lift	4
0:33	PC / take me higher	4x8	B	Inhale/Exhale – Dolphin Pose	32
0:54	C / (Synth beat)	2x8	C	Inhale/Exhale – Side Hover L, facing front R knee down, legs straight or L leg lifted	16
1:04	(Synth beat)	2x8	C ¹	Inhale/Exhale – Reach L arm O/H ⇧ C-shape spine	16
1:15	V / Skin to skin	12x8	A ¹ -C ¹	Repeat Hover, Dolphin Sequence R Note: Side Hover to B	96
2:19	Instr /	2x8	D	Set Horse Stance	16
2:31	V / Scary stories	4x8	E	Pointer Firefly Sequence R Inhale/Exhale – Diagonal Kneeling Pointer R, R arm F, L leg B	32
2:53	Br / take me higher	4x8	E ¹	4x Dynamic Kneeling Pointer R Exhale – Bend L knee, R elbow to touch under body Inhale – Extend L leg, R arm to Diagonal Kneeling Pointer	4 4
3:14	C / (Synth beat)	4x8	F	4x Firefly , knees or toes Inhale – L knee to L elbow Exhale – L leg extends B	4 4
3:35	V / Scary stories	12x8	E-F	Repeat Pointer Firefly Sequence L	96
4:39	Outro /	4x8	G	Inhale/Exhale – Up Dog ⇩ Baby Cobra Pose ⇩ Pregnancy Option: Camel Pose	32



07. HIGHER 5:02 mins

TECHNIQUE AND COACHING

HOVER

Layer 1

- Come forward, back into Hover
- Clasp hands together
- On knees or toes
- Abs strong, back long and straight
- Lightly touching down for Single Knee Drop
- If you're on your knees, reverse up

Layer 3

- Minimal movement – keep bracing hard
- Breathe in and out through your nose – breath is your power

DOLPHIN POSE

Layer 1

- Hands are set for Dolphin Pose
- Walk your feet in
- Inhale, press your chest in between your arms
- Exhale, lift hips as high as you can

Layer 3

- Feel the power – it's in the hand clasp and the arms
- Feel the incredible opening in the shoulders and thoracic spine
- Creating the life-force, vitality in your body

SIDE HOVER

Layer 1

- Elbow under shoulder
- Level 1 – bottom knee down
- Level 2 – scissor the legs
- Level 3 – lift the top leg off the floor
- Inhale and square hips to front
- As you breathe out, take the arm over the ear

Layer 3

- Where is your power – It's in the breath – use it
- Feel the underside of the body getting stronger

POINTER FIREFLY SEQUENCE

Layer 1

- Hands under shoulders
- Knees under hips
- Switch on the core, draw your belly in
- Take the opposite arm and leg out to 45 degrees
- Elbow and knee meet together
- New move: **Firefly**
- Knee to elbow and extend the leg back
- On knees or toes if you want the extra challenge

Layer 3

- Strength and mobility together
- Breathe through this
- Find your breath and express it through your body
- Work where you can, strongly

UP DOG

Layer 1

- You can go straight into Up Dog
- Or come down to Cobra Pose and you can stay or push up from there
- **Squeeze butt as you extend**

Layer 3

- Take a deep breath in, pull the head of the shoulder bone back, let the heart shine out
- Feel the connection – you in this moment



07. HIGHER 5:02 mins

TECHNIQUE AND COACHING

ESSENCE TIPS

The first round is to simply get a feel for the sequence, so use basic Layer 1 cues (Name of Pose, Alignment, BPD and Breath). Be sure to offer options, too. We want people to feel like they have a choice, and that there is always a way for them to move effectively and successfully. In the second round, it's a chance to see what's possible in your body when it's warm. Encourage your class to go a little further and give benefits to motivate them to reach for more.

The Pointer Firefly Sequence provides another challenge based on stability and building strength. Help participants feel the control and strength in their bodies by coaching clear execution of the movements, enhancing the fluidity of the movement by providing plenty of breath cues.

We are nearing the end of the workout and the breath will help each person sustain their poses and movements as our bodies are working hard. Acknowledge the effort your participants are putting in and celebrate their decision to be here with you, doing something that is so beneficial for them.



08. TWISTS



TRACK FOCUS

Allow the Twist to happen using breath.

MUSIC			SEQUENCE/EXERCISE		CTS
0:00	Intro /	2x8	A	Inhale/Exhale – Childs Pose	16
0:13	Instr / (Beat)	4x8	B	Twist Sequence L Inhale/Exhale – Down Dog	32
0:37	V / To hold me	4x8	B¹	Inhale/Exhale – 3-Legged Dog L, L leg lifts, bend L knee	32
1:03	C / Hey	4x8	C	Inhale/Exhale – Lunge Twist L, L leg F, L arm up Pregnancy / ⬇️ Option: R knee down ⬆️ R arm over L thigh	32
1:28	Instr / (Beat)	10x8	B-C	Repeat Twist Sequence R Note: Down Dog- 16cts	80
2:31	Br / Once again	3x8	D	Feet together, roll up to standing, facing front Inhale/Exhale – Standing Twist L L leg F, knee bent, L arm back, R hand to L knee Pregnancy / ⬇️ Option: L toes to floor	8 24
2:59	C / Hey	4x8	D	Repeat Standing Twist R	32
3:24	Hey	4x8	D	Repeat Standing Twist L ⬆️ Extend L leg F	32
3:49	Hey	4x8	D	Repeat Standing Twist R	32
4:14	Outro /	1x8		Mountain Pose , facing front	8



08. I WISH I CARED 4:21 mins

TECHNIQUE AND COACHING

TWIST SEQUENCE

Layer 1

- Childs Pose
- Down Dog
- Move around in your body
- Contact your breath
- Front leg 3-Legged Dog with an open hip
- Inhale, open the hip high
- Exhale, square shoulders to front
- Lunging Twist
- Foot replaces hand
- Open to the front, reaching high
- Opening shoulders
- Back knee can come down
- If you want more power, find your balance, bring the back arm up and over front knee

Layer 3

- Press down evenly through both hands and feel the hip open
- Eyes can be down, forward or up
- Feel the extension through your entire body
- Squeeze inner thighs to stabilize and level the hips
- Find the choice that's right for you
- Push the floor away from you to anchor your base
- Wherever you are – invite the Twist into the spine by using the breath

STANDING TWIST

Layer 1

- Step in and roll up to the front
- Standing Twist
- Set the arm at the back
- Foot can be down or lifted
- Inhale and turn shoulders to the side wall
- Hips square to the front
- Touch down anytime you need to or advance, by grabbing the outside edge of the foot and pressing away

Layer 3

- Feel how incredible the Twist is
- Use the back arm
- Draw the energy up through the standing leg
- Feel the energy above us, below us, all around us

ESSENCE TIPS

As with many of our poses once we find our base and really ground down, we can then move and explore different ways to stretch and mobilize our upper body. In the Lunge Twist, coach with focus on stabilizing the hips. From this place, we can then lift and open into rotation. The Standing Twists invite a balance challenge as we continue to revolve, expand and grow. Coach options for all.

Breath is the gateway to create the softness we want in our thoracic spine, so continue to coach breath and easy-to-follow cues to set up, then watch the spine unravel.

Say only what you need to, and then encourage participants to move with the music and their breath.



09A. FORWARD BENDS - HAMSTRINGS



TRACK FOCUS

Breathe to relax the body, creating space into the back body.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Intro /	4x8	A Forward Fold , facing front, feet hip-width apart	32
0:21	V / _ I'm jealous	8x8	A Twist Fold Sequence R Inhale/Exhale – Seated Twist Pose R, R foot over L knee, L arm over R thigh ↓ R foot to mid shin ↑ L elbow to R thigh, fingers pointing up	64
1:09	C / I wished you	8x8	B Inhale/Exhale – Seated Half Forward Fold R R leg extends, L foot to inner R thigh, chest over R leg	64
1:53	V / I'm jealous	16x8	A-B Repeat Twist Fold Sequence L	128
3:20	Br / As I sink	2x8	C Inhale/Exhale – Wide-Legged Stick Pose	16
3:31	_ As I die	6x8	C ¹ Wide Legged Side Bend R Inhale/Exhale – L arm O/H	48
4:05	_ Come back	6x8	C ¹ Repeat Wide-Legged Side Bend L	48
4:39	Outro /	1x8	Inhale/Exhale – Wide-Legged Forward Fold , hands F on floor	8



09A. JEALOUS 4:46 mins

TECHNIQUE AND COACHING

FORWARD FOLD

Layer 1

- Bend knees and fold
- Draw the belly in
- Chest to thighs

Layer 3

- Relax head and shoulders
- Allow gravity to do its job

TWIST FOLD SEQUENCE

Layer 1

- Come down, Seated Twist, right leg behind
- Left leg in front or crossed over
- Inhale, lift the chest
- Exhale, turn the shoulders
- Half Forward Fold
- Square hips to front
- Bend the knees as much as you need to
- Fold forward and soften

Layer 3

- You can steady your eye gaze or close your eyes
- Allow the breath to deepen your twist
- Take your time to let go
- Quieten the mind

WIDE-LEGGED STICK POSE

Layer 1

- Bent or straight legs
- Set up on your sit bones
- C-shape and Side Bend

Layer 3

- Enjoy every moment now with your breath
- Think up and over
- Go where it feels good for you – your time

ESSENCE TIPS

Hamstring Stretches are difficult for most, so acknowledge this by helping participants to let go of effort and come into acceptance. Yoga is for everyone, so coach options and give your class the control to choose what feels right for them on the day. Find the balance between coaching technical cues and leaving space for people to breathe and immerse themselves in the poses and music.



09B. FORWARD BENDS – HAMSTRINGS



TRACK FOCUS

Prepare the body for relaxation with these final stretches using breath.

MUSIC		SEQUENCE/EXERCISE		CTS
0:00	Instr /	15x8	A Wide-Legged Forward Fold , hands F on floor, facing front ↴ Hands B on floor Last 8cts, sit up, turn to L	120
1:56	Instr / (Quiet)	½x8	B Inhale/Exhale – Seated Forward Fold , facing L	68
3:00		4x8	C Inhale/Exhale - Table Top Pose R, R leg extended, L knee bent ↴ Knees bent ⬆ Legs straight Repeat Table Top L	16 16
3:34	Outro /	3x8	D Inhale/Exhale – lie supine Waterfall Pose , legs to 90°, arms wide OR Extended Butterfly Pose ↴Pregnancy Option: Seated Star Pose, hands clasped behind back	24



09B. CIRCLE OF QUIET (AMBIENT / ORCHESTRAL MIX) 4:00 mins

TECHNIQUE AND COACHING

WIDE-LEGGED FORWARD FOLD

Layer 1

- Take a breath in and fold forward
- Let's stay and settle into the fold
- Tuck your chin in so the neck can release

Layer 3

- Feel the energy of the workout slowing us down now
- Use a full breath to create space into the lower back
- Each breath allows our spine to decompress

SEATED FORWARD FOLD

Layer 1

- Gently walking yourself up
- Bring the legs together
- Lengthen through your front body and fold forward

Layer 3

- Breathe into your body
- Ask yourself – where can I soften? Where can I let go?

TABLETOP POSE

Layer 1

- Walk the hands back, counter pose, Tabletop
- A few options; feet in close or straighten one leg
- Squeeze the butt and lift your hips

Layer 3

- Allow the breath to guide you

WATERFALL / EXTENDED BUTTERFLY POSE

Layer 1

- Roll down
- Option to extend the legs high to Waterfall or Extended Butterfly Pose
- Knees wide
- Arms clasped over head

Layer 3

- Stay and breathe into your body

ESSENCE TIPS

We move into one more Hamstrings track that sets us up beautifully for Relaxation/Meditation.

Less is more here as the music is so exquisite. You want participants to immerse themselves into the music and emotion so they can take themselves into their own state and experience. Magical!



10. RELAXATION/MEDITATION

BE THE LIGHT 8:06 mins



TRACK FOCUS

Create a breathing practice.

Take these first few moments to scan the body. How do you feel? Extending the legs long, feel your body beginning to take rest. Deeply soften through the arches of the feet and the palms of your hands, as you open the palms to face the sky. A slight tuck of the chin to lengthen through the back of the neck. Noticing what you can hear of the external world, and then reconnecting with your breath. Feeling your body opening to the earth, and opening to gravity, moving deeper into relaxation. Your breath is natural and organic, noticing the slow rise of all of your belly. With each successive breath, feeling the body and mind synergize, melting deeper in towards the earth. Stirring these moments with the magic of our class, truly begin to occur. As the body and mind consolidate, we begin to enter a deep state of healing and growth. Consciously take a deeper breath in, and allow the body to take deep breaths. Softening the inner and outer edges of your eyes, every muscle through neck, face and jaw, relaxing and softening. Becoming an observer of your breath. As your out breath lengthens, we allow a small smile to come onto the face. Being grateful for everything you have, and everything you are. Experiencing the breath as a total body expansion and compression. Letting go of all resistance... As you take your next full breath in, allow the fingers and toes to gently wriggle, feeling the energy slowly drawing back in towards the body. Allow your neck and jaw to release to the front, take a full breath in, releasing the neck and jaw to the back. And taking your time team, just draw the knees up to the chest, have a few moments, conscious breath. And when you're ready, making your way back up to a seated position.



BONUS

01. TAI CHI WARM-UP



TRACK FOCUS

Connect into the body and the breath with positive energy to prepare for class.

MUSIC			SEQUENCE/EXERCISE		CTS
0:05	Intro /	3x8	Set Wide Wu Chi		24
0:22	Instr / (Beat)	4x8	A	2x Tai Chi Circle and Press (slow) R&L Inhale – Weight shift R, R arm O/H to R side, L Arm Sweep Low to R side Exhale – hands press to R side, palms F Repeat to L	4 4 8
0:46	C / Sometimes	4x8	A ¹	4x Tai Chi Circle & Press (fast) R&L	8
1:10	V1 / Usually I	4x8	B	4x Roll and Press Open Sequence (slow) Inhale – Bend knees, arms cross to front to O/H, extend legs Exhale – Bend knees, arms wide	4 4
1:34	C / Sometimes	2x8	B ¹	4x Roll and Press Open Sequence (fast)	4
1:46	V2 / You can't	4x8	A	2x Tai Chi Circle & Press (slow) R&L	16
2:09	C / Sometimes	4x8	A ¹	4x Tai Chi Circle & Press (fast) R&L	8
2:33	Br / I just wonder	4x8	C	8x Circle Arms with Soft Block L Inhale – Bend knees, arms circle down, to R side, to O/H, Soft Block to L side	4
2:57		1½x8		Draw Hands across - 4cts	4
3:00		4x8		Repeat 8x Circle Arms with Soft Block R	4
3:23	Outro /	6x8	B	6x Roll and Press Open Sequence (slow)	8



BONUS

01. HEAT WAVES 4:03 mins

TECHNIQUE AND COACHING

TAI CHI CIRCLE AND PRESS

Layer 1

- Take your feet
- Drop down into your legs
- Tuck the tail bone under
- Take a deep breath in and open the chest
- Circle and Press Sequence
- Weight shifts side to side
- Move faster now
- Breathe in and out

Layer 3

- Relaxing through the shoulders
- Warming your body

ROLL AND PRESS OPEN SEQUENCE

Layer 1

- New move
- Circle up through the center
- Low to high and open
- Fill yourself with breath

Layer 3

- Open to the sky
- Build more heat
- Feel the roll in the body
- Power your breath and power your movement
- Inspire others to move with you

CIRCLE ARMS WITH SOFT BLOCK

Layer 1

- Circle and Block
- Press the knees out on the Block
- Breathe in and out

Layer 3

- Feel the air on your fingertips
- Earth beneath your feet
- Connection of doing this together

ESSENCE TIPS

A joyful musical and moving experience to prepare for the Yoga journey ahead – take time to explore this and show it through your facial expressions and body.

Simple movement sequences to bring energy, mobilization and the connection of breath to the body. The pace of the movement helps to provide much of the warming sensations, so coach simple BPD breath and cues, allowing space for the music to shine through and create a feeling that there is plenty of time and space.

The movement sequences are repeated within the choreography. This is a fantastic opportunity to allow each round to focus on our 4 types of Tai Chi movement: breathing, releasing, warming and focusing.

Enjoy this invigorating Warm-up with your class!



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honouring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, colour and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue.

We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

